



Anoka County

ADMINISTRATION

Communications

June 9, 2021

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FOR IMMEDIATE RELEASE

Anoka County Parks Programs and Activities

Check out Anoka County Parks for fun seasonal programs and activities. All CDC/MDH guidelines will be followed. To register or for more information, call 763-324-3350 or visit anokacountyparks.com.

Wargo Nature Center Restoration Project Day

June 26, 10am-12pm; Wargo Nature Center, 7701 Main St., Lino Lakes

Ages 12+. Help restore the natural environment at Wargo Nature Center! We'll tackle different challenges each month like buckthorn and garlic mustard removal and native plant seed collection – depending on needs and group size each month. Meet outside before heading out on the morning project. Pre-registration required and drop-ins are welcome. Participants under 18 must be accompanied by an adult.

FREE!

Nordic Walking

July 14, 9-10:30am; Lakeside Lions Park, 7840 Pleasant View Dr. NE, Spring Lake Park

Ages 15+. Nordic Walking takes a simple walk and turns it into a full body workout anyone can do. Increase your heart rate, burn more calories, strengthen your upper body, and create resistance to build better bone density. Pre-registration required.

COST: \$12/person (+tax)

Intro to Kayaking

July 27, 4-6pm; Rice Creek Chain of Lakes Park Reserve, Centerville Beach, 7373 Main St, Lino Lakes

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Ages 16+ Learn the basics of kayaking including boat safety, basic strokes, bracing, and which boat is best for you. Pre-registration is required.

COST: \$25/person (+tax)

Stand Up Paddle Boarding

- June 24, 2-3:30pm or July 13, 5-6:30pm; Coon Rapids Dam Regional Park, 9750 Egret Blvd NW, Coon Rapids
- July 21, 3-4:30pm; Rice Creek Chain of Lakes Park Reserve, Centerville Beach, 7373 Main St, Lino Lakes

Ages 16+. Paddle boarding is easier than you may think and a great way to get some exercise! No experience required. Pre-registration is required.

COST: \$20/person (+tax)

Women's Summer Workshops

- June 19, 1-3pm; Stand Up Paddle Boarding; East Coon Rapids Dam Regional Park, 9750 Egret Blvd NW, Coon Rapids
 - July 8, 10am-12pm; Nature Photography; Wargo Nature Center, 7701 Main St, Lino Lakes
- Women Ages 18+. Looking for a new way to enjoy the great outdoors this summer? Try new outdoor activities through our Women's Summer Workshop series. These women-only workshops are a great way to learn or practice some outdoor skills while meeting other women who love the outdoors. Workshops are co-sponsored by Spring Lake Park Recreation Department and Minnesota DNR's Becoming an Outdoors Woman program. Pre-registration is required, and equipment is included in the program fee.

COST: \$20/person (+tax)

Dragonfly Survey

July 15, 5:30-7:30pm; Wargo Nature Center, 7701 Main St., Lino Lakes

Ages 12+. Help look for some of the 76 species of Odonata (dragonflies and damselflies) found in Anoka County. The program will start with an overview of major groups and families before heading out to catch and identify dragonflies. Pre-registration required.

FREE!

Wargo Butterfly Walk

July 25, 2-3pm; Wargo Nature Center, 7701 Main St., Lino Lakes

All Ages. Come join us for an introductory class to butterfly identification! After a brief introduction, we will take a stroll through prairies and flower gardens throughout the park. You

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will get a chance to spy butterflies and other pollinators through binoculars and even swipe a closer look with a net! Binoculars are provided but feel free to bring your own. Pre-registration is required.

COST: \$5/person (+tax)

Rice Creek Paddling Adventure

July 8, 12-4pm; Rice Creek (water levels will determine which section is paddled.)

Ages 16+. We will be paddling 5-8 miles of the most scenic and wild sections of the creek. Bring your own boat or rent one from us. Space and boats are limited. Pre-registration is required.

COST: \$20/person (+tax, includes shuttle); \$20 boat rental if needed (+tax)

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